Unlike some things in life, we can choose our outlook. Sometimes we just

need a reminder that happiness can often simply be a result of choosing

attitudes:

  "I woke up early today, excited over all I get to do before the clock

strikes midnight.  I have responsibilities to fulfill today. My job is to

 choose what kind of day I am going to have.

  Today I can complain because the weather is rainy or I can be thankful that

the grass is getting watered for free.

 Today I can feel sad that I don't have more money or I can be glad that my

 finances encourage me to plan my purchases wisely and guide me away from

waste.

 Today I can grumble about my health or I can rejoice that I am alive.

 Today I can lament over all that my parents didn't give me when I was

growing up or I can feel grateful that they allowed me to be born.

Today I can cry because roses have thorns or I can celebrate that thorns

 have roses.

Today I can mourn my lack of friends or I can excitedly embark upon a quest t o discover new relationships.

 Today I can whine because I have to go to work or I can shout for joy  because I have a job to do.

Today I can complain because I have to go to school or eagerly open my mind  and fill it with rich new tidbits of knowledge.

 Today I can murmur dejectedly because I have to do housework or I can feel  honored because God has provided shelter for my mind, body, and soul.   Today stretches ahead of me, waiting to be shaped.  And here I am, the sculptor who gets to do the shaping.  What today will be  like is up to me. I get to choose what kind of day I will have!"